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Reserve

U.S.D.A.

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.

PEACH RECIPES

PEACH ICE CREAM

3 cups soft sliced peaches  
1 cup sugar  
1/4 teaspoon salt  
2 cups single cream

1 tablespoon or more lemon juice,  
depending on the acidity of  
the peaches

Cover the sliced peaches with the sugar, and let stand for about half an hour. Press the fruit through a colander to form pulp. Add the salt, cream, and lemon juice. Use a freezing mixture of 1 part salt and 4 to 6 parts ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more to ripen.

PEACH MOUSSE

1 cup double cream  
1 cup peach pulp  
5 tablespoons sugar

2 egg whites  
1/16 teaspoon salt

Whip the cream. Peel and slice ripe peaches, and rub enough through a coarse strainer to make 1 cup of pulp. Add the sugar, and fold quickly into the cream before the peaches discolor. Add the egg whites, which have been beaten with the salt, pour into a tray or mold, and freeze.

PEACH MELBA

6 halves large peaches, fresh  
or canned  
1 cup peach sirup

1-1/2 pints vanilla ice cream  
1/2 cup chopped nuts

If fresh peaches are used, prepare a thick sirup by cooking 1 cup sugar, three-fourths cup water, 2 peaches pared and sliced, a few grains of salt, and enough red coloring matter to give a pinkish tinge. Strain and cool this sirup. If the peaches are canned, drain the sirup from them. Cook it down, and color it pink. Put a spoonful of ice cream in the hollow of each peach, pour on some of the pink sirup, sprinkle with chopped nuts, and serve at once.

PEACH SAUCE  
(For ice cream, cake and pudding)

2 pounds peaches  
1 cup sugar  
1/16 teaspoon salt

Pare and cut the peaches in small pieces or put them through a colander. Add sugar and salt. Heat carefully over a slow fire, stirring constantly for about 5 minutes or until the sugar is dissolved. Add a little lemon juice if the peaches lack flavor. Serve hot or cold over cake, bread or rice pudding, or cold over plain ice cream.

BROILED PEACHES

Place halves of large, ripe, pared peaches in a shallow baking dish, pit side up, pour over them a small quantity of melted butter, sprinkle with powdered sugar, and add a very little salt. Broil under a flame or bake in the oven until the peaches are cooked through and lightly browned. Serve hot with the meat course or as a dessert. (Canned peaches may be used)

PEACH BAVARIAN CREAM

2 tablespoons gelatin	1 cup sugar
1/2 cup cold water	1/4 teaspoon salt
1 quart sliced fresh peaches	1 pint cream, whipped

Soak the gelatin in the cold water for 5 minutes. Mash the peaches with the sugar, rub through a sieve, and simmer for 5 minutes. Remove from the fire, add the softened gelatin and salt, and stir until the gelatin is dissolved. Chill, and when the mixture begins to thicken, fold in the whipped cream. Place in a wet mold, let stand in a cold place until firm, and turn out on a serving platter.

JELLIED PEACHES AND ALMONDS

2 tablespoons gelatin	1/8 teaspoon almond extract
1/4 cup cold water	2 tablespoons lemon juice
1 cup boiling water	1/2 cup blanched and chopped almonds
1 cup sugar	1 quart sliced peaches
1/4 teaspoon salt	

Soak the gelatin in the cold water for 5 minutes, add the boiling water, sugar and salt and stir until the gelatin has dissolved; then chill. When the mixture is beginning to set, add the almond extract, lemon juice, almonds and peaches. Stir until well mixed then pour into a dampened mold and chill. When set, turn onto a plate and serve with plain or whipped cream.



### PEACH TAPIOCA

1/4 cup quick cooking tapioca	1/2 teaspoon salt
1-1/2 cups hot water	2 tablespoons lemon juice
1 cup sugar	1 quart sliced peaches
1 tablespoon butter	

Cook the tapioca and water in a double boiler for 15 minutes and stir frequently. Add the sugar, butter, salt, and lemon juice. In a greased baking dish make alternate layers of the tapioca and peaches arranged so that a layer of peaches is on top. Bake in a moderate oven for about 30 minutes. Serve hot or cold with cream.

### PEACH CREAM PIE

2 cups milk or cream	2 eggs
3 tablespoons cornstarch	1/2 teaspoon vanilla
1/4 cup sugar	1 cup sliced canned or cooked peaches
Salt	4 tablespoons sugar for meringue

Scald the milk or cream in a double boiler. Mix the cornstarch, sugar, and salt together, add to the hot milk and stir constantly until the mixture thickens. Continue the cooking over hot water for about 20 minutes so that the cornstarch will be thoroughly cooked. Then add the beaten egg yolks and cook for 1 minute. Cool and add the vanilla. Beat with an egg beater and pour one-half of the mixture into a prebaked pie crust. Allow it to cool somewhat and place over this the drained sliced peaches. Cover the peaches with the remaining custard mixture. Prepare a meringue by adding the sugar, a few grains of salt, and the vanilla to the stiffly beaten egg whites. Pile the meringue lightly on the pie and bake in a very slow oven for 15 to 20 minutes, then increase the heat until the meringue is a golden brown.

### PEACH PIE

6 to 8 firm peaches	1/4 teaspoon cinnamon
Pastry	1/4 teaspoon salt
3/4 cup sugar	2 tablespoons butter

Pare and slice the peaches. Line a deep pie pan with pastry, spread a layer of peaches over the bottom, sprinkle with a mixture of sugar, cinnamon, and salt, dot with butter, and repeat until all are used. Add the top sheet of pastry. Put the pie in a moderately hot oven (400°F) for 10 minutes, lower the temperature to more moderate heat (375°F), and bake the pie for 30 to 35 minutes, or until the peaches are tender and the crust is golden brown.

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### PEACH SHORT CAKE

2 cups sifted flour  
3/4 teaspoon salt  
4 teaspoons baking powder  
1 tablespoon sugar

4 tablespoons fat  
3/4 cup milk or enough to make  
a soft dough  
2 pounds peaches

Mix and sift the dry ingredients. Cut in the shortening with a biscuit cutter or rub in lightly with the finger tips. Make a well out of the flour and add the milk gradually and stir from the center with a fork until a soft dough is formed. Knead very gently on a slightly floured board until the dough is well mixed. Pat with the palm of the hand until about 1/2 inch thick. Cut with a large biscuit cutter. Bake in a moderately hot oven about 375°F to 400°F for 12 to 15 minutes or until light brown. While hot, split and butter. Place the sliced peaches, sweetened to taste, between and over the biscuit and serve at once while the biscuit is still warm.

### PEACH COBBLER

1 pint sifted soft-wheat flour  
3/4 teaspoon salt  
1 tablespoon sugar  
2 teaspoons baking powder  
6 tablespoons fat

1/2 cup milk  
2 quarts sliced peaches  
Sugar to taste  
Spice if desired  
Butter

Sift the flour, salt, sugar, and baking powder together. Cut in the fat, add the milk, and mix well. Roll the dough into a thin sheet, cover the bottom and sides of a deep baking pan with it, and spread on the peaches in even layers. Sprinkle with the sugar and spice and dot with butter. If desired, put thin strips of the pastry across the top. Bake the cobbler in a hot oven (about 400°F) until the peaches are tender. Serve hot with hard sauce or cold with plain or whipped cream.

### PEACH DUMPLINGS

Roll out pastry dough in rounds about the size of fruit plates. In the center of each, place a whole peeled peach. Sprinkle the peach with a mixture of sugar, cinnamon, and a few grains of salt. Dot with butter, and lift up and press together the edges of the dough. Place in greased muffin tins and bake in a moderate oven (350°F to 375°F) for 30 minutes. Serve hot with hard or liquid sauce.



## CANNING PEACHES

Before preparing fruit make a thin sirup, 1 cup sugar to 3 cups water, or if a richer sirup is desired, 1 cup sugar to 2 cups water. Put in one cracked peach pit for every quart of sirup. Boil for five minutes and strain.

Immerse the peaches in boiling water for about one minute or until the skins will slip easily, plunge at once into cold water for a few seconds; remove the skins, cut the peaches into halves, and discard the pits. Or use the lye solution method of peeling (See Farmers' Bulletin 1471, "Canning Fruits and Vegetables at Home", page 9). Some varieties of firm cling-stone peaches require the lye-solution method for peeling. Pack at once, placing the halves in overlapping layers with the concave surface of each half downward. Fill up the containers with boiling sirup. Process quart and pint glass jars for 30 minutes in boiling water if the fruit is fairly firm and hard, or for 20 minutes if it is ~~ripe~~ <sup>ripe</sup> and tender. Process half gallon glass jars for 40 minutes in boiling water if fruit is firm, or for 30 minutes if tender. Process No. 2 and No. 3 tin cans for 30 minutes for firm fruit or for 15 minutes for tender fruit. See Farmers' Bulletin 1471 for further discussion of canning methods and equipment.

## PICKLED PEACHES

8 pounds peaches  
4 pounds sugar

2 quarts vinegar  
4 2-inch pieces stick cinnamon  
Cloves

Select firm white peaches either free or cling stone. Wash them well and remove the thin skin with a sharp knife. Cook the vinegar, cinnamon, and sugar together for ten minutes or until a fairly thick sirup is formed. Add the fruit, after placing a clove or 2 in each peach. Allow the peaches to cook gently until tender, but not broken. Remove them from the sirup and then cook the sirup rapidly until thick. Pour over the fruit and let stand over night. Drain and cook the sirup a second time. Fill sterilized jars with the peaches and cover them with the hot sirup. Seal, label, and store in a cool place. Allow the peaches to stand several weeks to develop flavor before serving.

## PEACH MARMALADE OR JAM

To each pound of the peeled and stoned fruit allow  $\frac{3}{4}$  of a pound of sugar. Let the sugar and raw fruit stand over night to draw out the juice. Then cook slowly until the mixture is thick. During the cooking stir the jam frequently to prevent burning and toward the end slip an asbestos mat under the kettle. Pour the jam into hot sterilized glasses or jars and seal.

## PEACH BUTTER

Put the peaches in a wire basket and dip them in boiling water a few seconds or until the skin slips; test by raising the fruit out of the water and rubbing the skin between the fingers. Dip the peaches into cold water, peel, and pit them. Well-ripened freestone varieties are best. Mash the pulp and cook it in its own juice without adding water. If it is rather coarse, put it through a colander or coarse wire sieve to make a butter of fine texture. To each pound of pulp add  $1/2$  pound of sugar or to each measure of pulp  $1/2$  measure of sugar. Cook rapidly and stir constantly until the product is of the desired thickness. An asbestos mat prevents burning. The sugar may be added before cooking begins, if desired. Cinnamon, ginger, and allspice added in very small quantities at the beginning of cooking give a nice flavor. The meats of several pits may be cooked either whole or sliced in each gallon of butter. While still hot, pack in sterilized jars or glasses with tight-fitting tops and sterilize like apple butter or cover with hot paraffin.

## PEACH PRESERVES

Select firm peaches, free from blemishes. (The white heath clingstone variety is best for preserves) Wash, and skin by dipping first in hot water and then in cold. Cut in uniform pieces, and weigh. To a pound of fruit use from  $3/4$  to 1 pound of sugar. Make a layer of the fruit in a large shallow dish and cover with a layer of sugar and allow to stand over night. In the morning stir the fruit, and then heat slowly until the sugar has dissolved. Cook rapidly until the peaches are tender and clear and the sirup is thick. The preserves may then be put into sterilized glass jars and sealed at once, or placed in shallow trays, allowed to stand over night to plump, and then be reheated in the morning before they are put into the sterilized jars. Seal, label, and store.